



# Mapping Your Recovery Journey

A peer-based model to help  
you through the recovery process

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## HOW TO PLAN YOUR RECOVERY

This is a guide to help you think about what supports you will need to help you overcome your addiction to alcohol or drugs, and to help you towards a meaningful and fulfilling life.

This guide is to be used in conjunction with a ‘mentor’ who has already been down the road you are travelling and who will provide you with their support and expertise.

In our experience, it is this support – from the mentor (who we will call your **RECOVERY CHAMPION**) and from the other people who you already know or will meet in this journey that is most important. They will help you to build the strengths and skills you will need in what will sometimes be a rocky journey.

But science can help as well. What is contained in this booklet are a series of **MAPS** that you can jointly work through to help you understand what the **THINKING ERRORS** are that keep you tied to your addiction and that allow you to build on your **STRENGTHS** and help you **OVERCOME OBSTACLES**

*The way this booklet is laid out is in sections:*

## Section 1

Where you are at now – reviewing where you are and what your strengths are.

## Section 2

Where do you want to get to? This is called **RECOVERY PLANNING**.

## Section 3

Challenging your doubts – this is referred to as **MOTIVATION ENHANCEMENT**.

## Section 4

Building your **RECOVERY CAPITAL - COPING SKILLS** and your **SELF-ESTEEM** and **OVERCOMING OBSTACLES** – how to learn lessons when things go wrong.

## Section 5

How to avoid lapses and slips – **RELAPSE PREVENTION**.

## Section 6

Building a recovery future – **PLEASANT ACTIVITIES** and planning your future through **RECOVERY COMMUNITIES**.

While the guide should help you through different stages and aspects of the recovery journey you will find some parts more useful than others and you should stick with them.

There are some things you need to decide before you start:

***YOUR WORKING RELATIONSHIP:*** You need to be clear that this is a relationship of trust and that everything you say will be treated as confidential unless:

1. Your peer thinks there are things you have said that are a threat to your safety
2. There are things you have said that are a threat to the safety of others

For some people, this guide will be enough. For others, they may have severe problems that will need specialist professional help. There are two quizzes at the end of the booklet (Appendix 1 and Appendix 2) that you should fill in if you or your **RECOVERY CHAMPION** are worried you might have either psychological problems or health problems that might need professional help.

Some of the tasks in here you might want to do yourself either before you see your recovery champion or when you are working on your recovery alone. So use this as you see fit and as you agree. Finally, there are lots of other people who are both in the same position as you and who are able to offer you help. The last part of the manual – appendix 3 – provides you a list of some of the resources that you might want to tap into in North Wales. And remember, this is about you. Recovery is about: **HOPE; PURPOSE; BELONGING; CHOICE; HAPPINESS**. Your relationship with the recovery champion will help.

## SECTION 1: GETTING STARTED

In treatment services, you would typically start with an ‘assessment’ – for a peer recovery approach that is about talking about who you are and what you do. The map on the page opposite is what is called a **GUIDE MAP** – you fill in the boxes that are relevant and then you will discuss what you put into each.

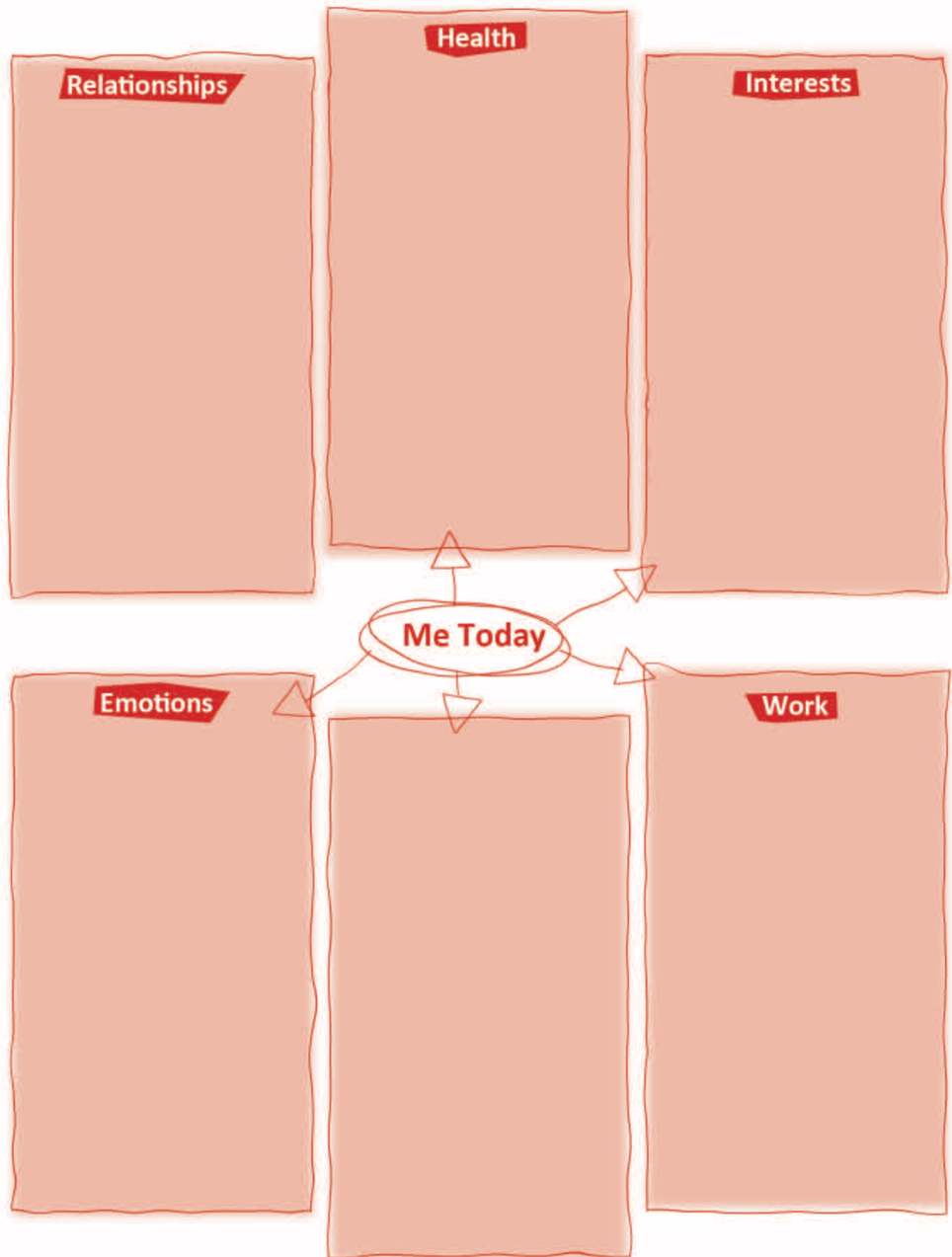
This is an opportunity for you to get to know each other and for the **RECOVERY CHAMPION** to get a sense of who you are and where you have come from. The idea is that you will put in each box what the important things are in your life –

- So what relationships matter most to you;
- What is good and bad about how you feel physically
- What is good and bad about how you feel emotionally
- What interests you have or used to have that you don’t do at the moment
- What your job is or, if you are not working, what you have previously done and what you would like to do
- And there is a **BLANK BOX** – here you put in whatever you want

But this is not a task about filling boxes – you put down the things that matter to you and you use that as a way of talking about what makes you the person you are and the key things in your life. You will come back to this as you progress through the recovery journey and this will change, but it is a good way for the recovery champion to get a sense of who you are and where you are coming from.

And you can always come back to it later, add bits or change them – or draw it out in a different way if you start to see links and patterns you want to think about.

## GETTING STARTED – THE ME TODAY MAP





## GETTING STARTED – WHAT ARE YOUR STRENGTHS?

This map is quite similar to the last one but, this time, you are to think about all those things that are positive in your life, and to enter them into the boxes as you did before.

Before you start, it is important to think of how diverse they can be:

- **OTHER PEOPLE** that you can draw upon in times of crisis – whether they are friends or family or your partner
- **GROUPS** that you belong to who inspire or cheer you up
- **TALENTS** that you possess – perhaps you are good at practical things, you are seen by others as honest or friendly
- **POSITIVE QUALITIES** that you possess – maybe you are naturally determined or strong-willed or generous

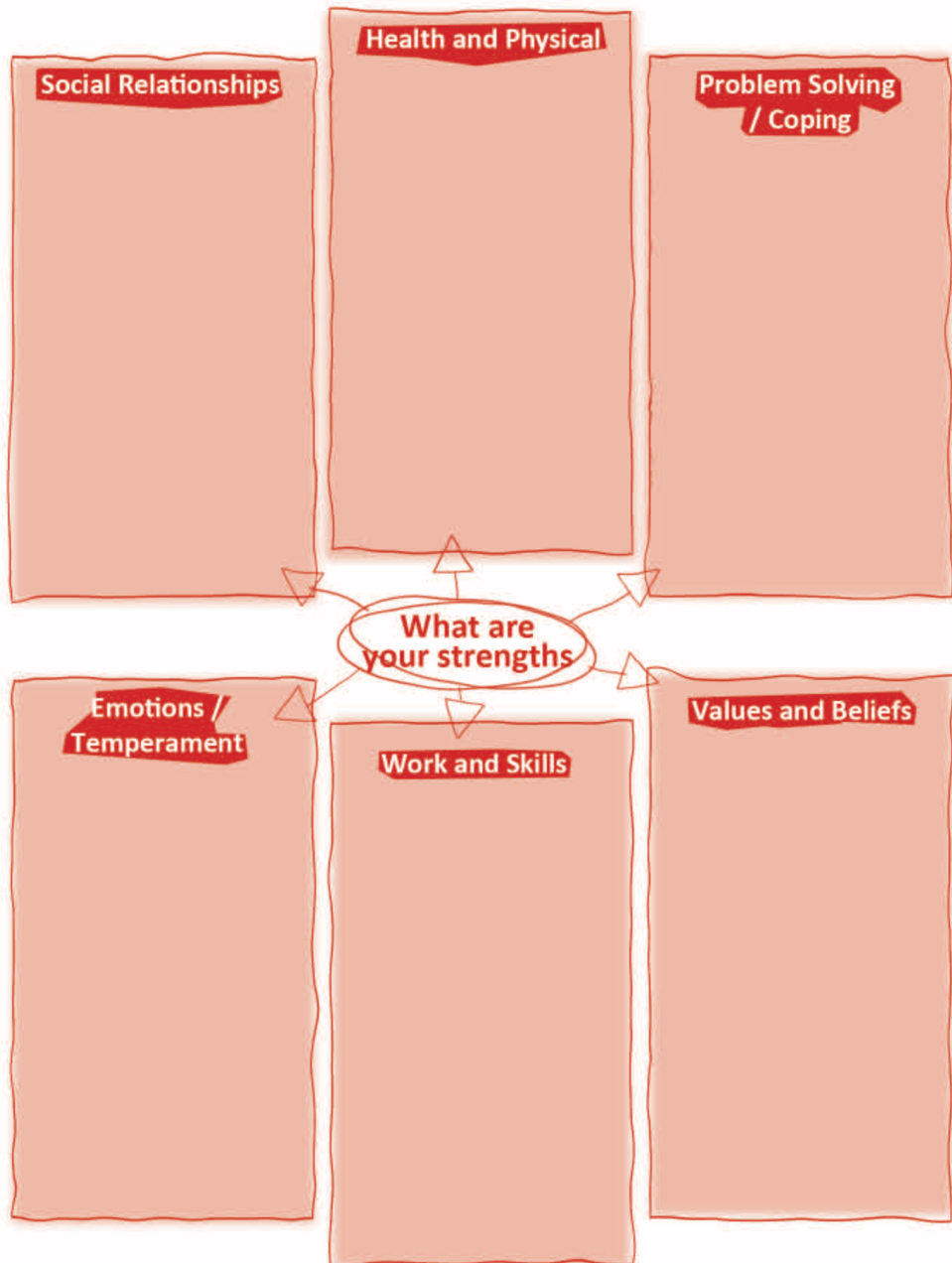
**Again remember that you don't have to fill out every box! The aim is to think about you.**

Depending on how much time you have, once you have talked through what strengths and resources you have, there are two more tasks

- 1. To think of what aspects of these strengths you can use in your recovery journey**
- 2. Take a different coloured pen, and think of what the resources and strengths you want and need to develop to help you achieve your aims in life – that is what we mean by recovery**

Once you have done this map, and you have talked it through with your recovery champion, you are now ready to move on to phase 2 and start to plan what you will do next!

## GETTING STARTED – ASSESSING YOUR STRENGTHS



## SECTION 2 - RECOVERY PLANNING

Having worked out what you have as resources and strengths, the next thing to do is to work out what use you are going to put them to. In specialist treatment services, this is often called **CARE PLANNING** and is about working out what your main areas of concern are and what you are going to do about them.

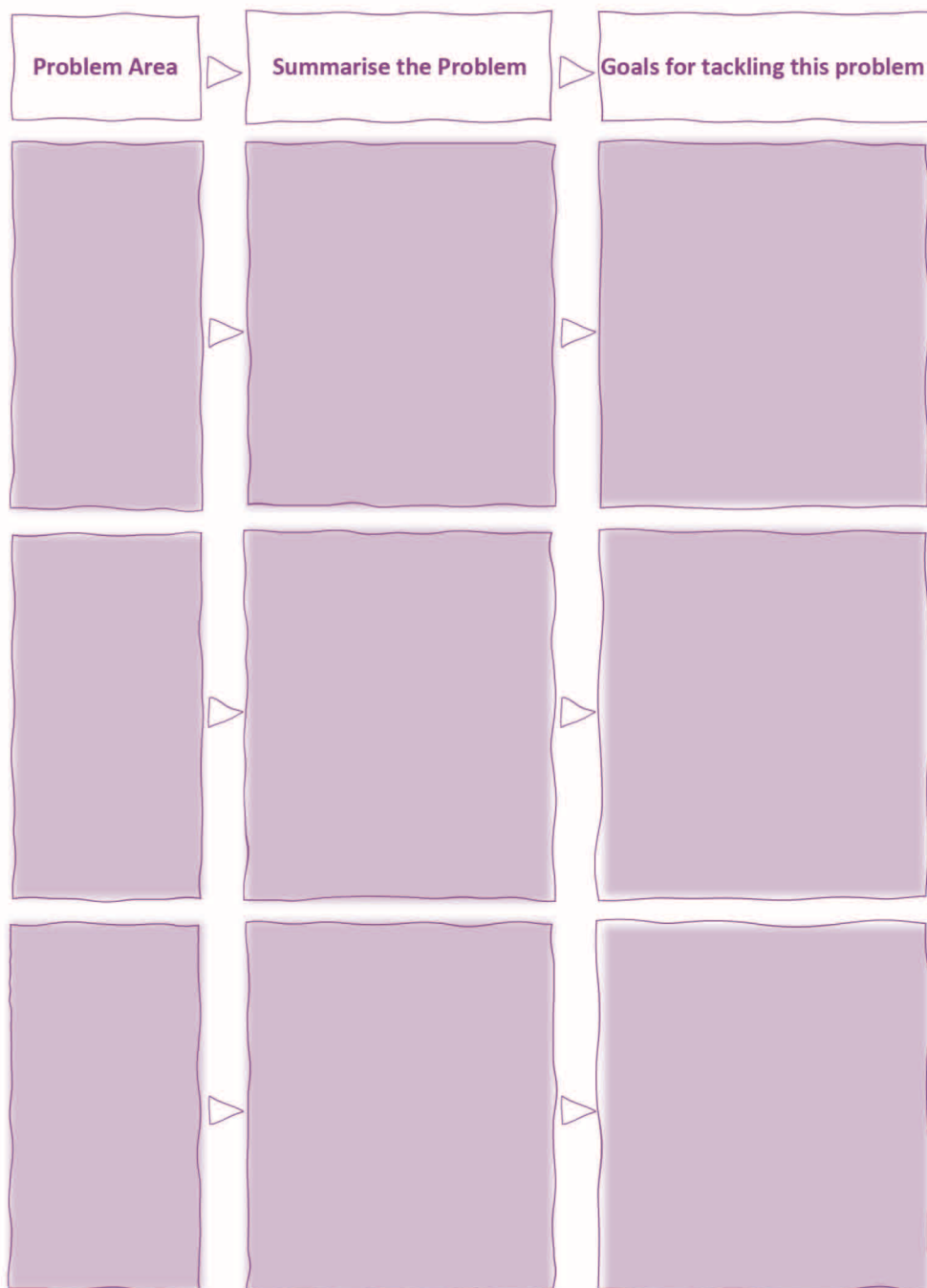
Remember that alcohol and drugs may not be the main things that you are worried about – you might be more worried about your health, or you might be concerned that your main relationship is breaking down – if so, that will be the thing that you will put in the box on the top left.

For each of the main problems, the map asks you to think through exactly what is wrong and what you would like to do about it. Your recovery champion will help you to 'unpack' the problem by describing exactly what is wrong and to start you down the process of how you might go about tackling it.

Remember that big problems often seem unsolvable until you start to break them down into chunks that are more manageable, and that is what you will do in more detail in the next map.

This map also allows you and the recovery champion to start thinking about how some of your problems might be linked to your drinking or your drug use, and so different problems may also have the same solution!

## RECOVERY PLANNING – WHAT ARE YOUR PRIORITIES



## RECOVERY PLANNING – CREATING A PLAN OF ACTION

Having worked out what the priorities are, you then need to think about the practical details of how you are going to set about acting to deal with these problems.

Depending on how you get on with this map, you may need to make some extra copies of it as the idea is that you will fill in one of these maps for each of the lines you have filled in on the previous **RECOVERY PRIORITIES** map.

You start this map at the centre by copying down the overall goal and then the next task is to work out what that means in practice. It is good to start trying to order your thoughts about what you might have to do and by what date – this is to give you a deadline so that things don't slip away in time.

You also need to think about what help you can call on – and that might start with your Recovery Champion or with other friends and family members who are keen to support your recovery journey. Recovery is nearly always a social process and it is important you draw on the strength of other people – and that may involve your Recovery Champion taking on some tasks and calling in some favours!

It is also important to be realistic and to think about what might go wrong! We will come back to that later but this is not going to be easy and you have to think about what you will do if you encounter problems.

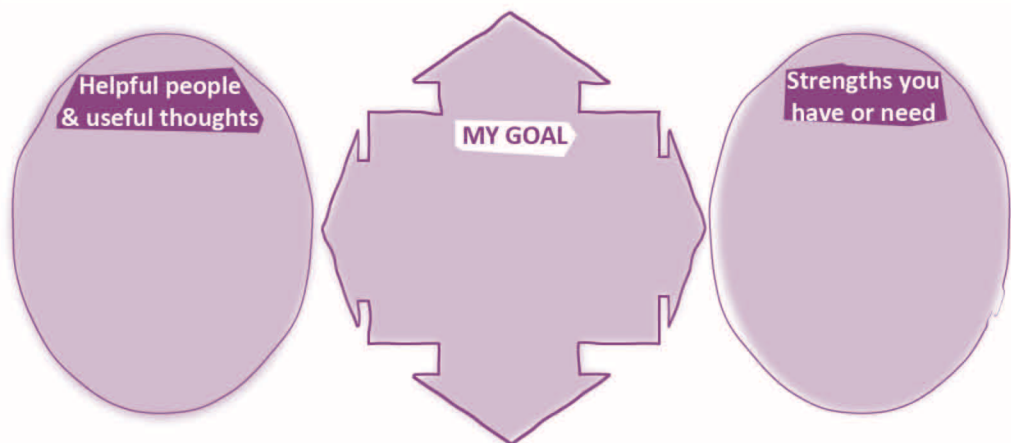
**SO WE ARE NOW AT THE END OF THE PLANNING STAGE – YOU SHOULD BE CLEAR ABOUT WHAT YOU ARE TRYING TO DO AND WHEN YOU ARE GOING TO DO IT BY.**

We are now going to consider your desire to address your substance use and to reinforce your commitment to make this change



## RECOVERY PLANNING – SETTING A GOAL

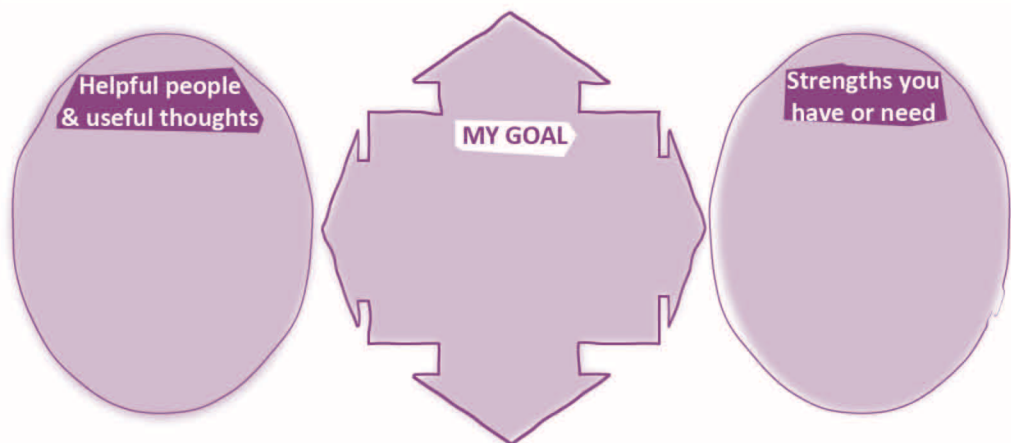
Specific Actions	When



Possible Problems	Solutions

## RECOVERY PLANNING – SETTING A GOAL

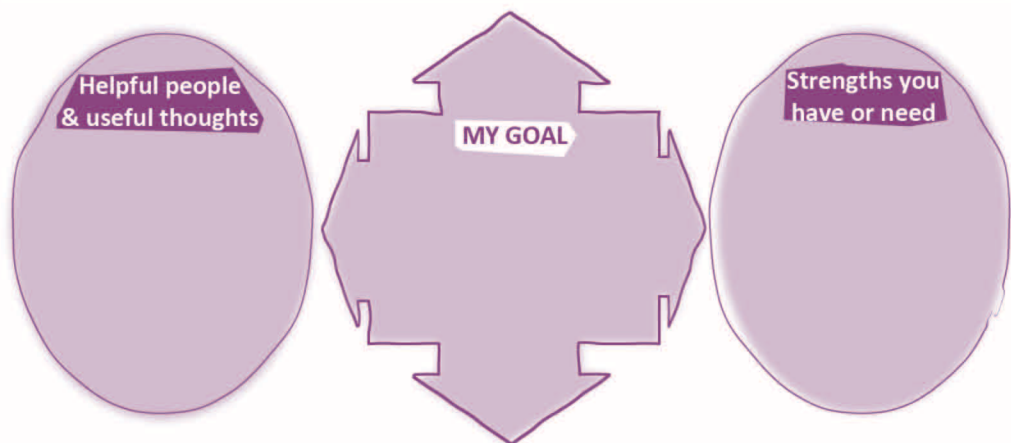
Specific Actions	When



Possible Problems	Solutions

## RECOVERY PLANNING – SETTING A GOAL

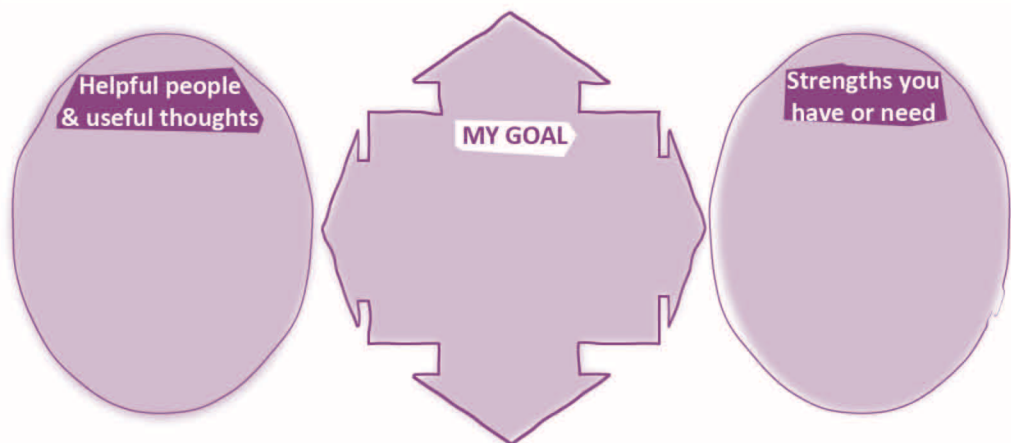
Specific Actions	When



Possible Problems	Solutions

## RECOVERY PLANNING – SETTING A GOAL

Specific Actions	When



Possible Problems	Solutions

## **SECTION 3 - HOW STRONG IS YOUR MOTIVATION TO CHANGE?**

In the course of a recovery journey you will certainly have some wobbles and there will be times when you will be very tempted to use drugs or alcohol. To help you at these times, it is important to reflect on your motivation to change and to focus on what you will gain by moving forward and towards a new life that has more to offer you than drink or drugs.

The first mapping exercise for you to do is a kind of accounting exercise where you make a list of the advantages and disadvantages of both continuing to go on as you have been or to make a change in your life.

Remember that you are seeking help because you want to change and your Recovery Champion will help you with this map by focusing on the happiness that long-term recovery can bring and making you list the problems and disadvantages that drug and/or alcohol use have caused in your life.

This is almost certainly a map that you will want to come back to when you are wavering and it is something that you should add to both when good things happen in your recovery and as you think of other misfortunes you have experienced as a result of your use.

There will be good things about using – it might take your troubles away in the short term or take away the pain – but they will come back and facing them will offer you much more in the future!

So this is the first part of thinking about how strongly motivated you are and reminding yourself of what is driving you to change – it is called the **MOTIVATIONAL BALANCE** map and you should have this to hand as a reminder of what it is you are striving for and why you started on this journey for change! Only you can do this but you can call on a whole range of resources and supports to help you, some of these are included in appendix 3.

## BUILDING YOUR MOTIVATION – STAYING THE SAME OR CHANGING?

### CONTINUING TO AS BEFORE

Advantage

Disadvantage

### MAKING A CHANGE TO MY LIFE

Advantage

Disadvantage

# BUILDING MOTIVATION – PLANNING FOR THE FUTURE

One of the other ways of thinking about what decisions you might want to make about your plans to change is to think about the future and what you want from your life.

The second motivation map is about planning for where you want to be in five years time (although these timescales can change) – and for this you should be bold and ambitious and think about your hopes and your dreams. The map should help you to structure this by focusing on:

- Relationships
- Work
- Fun
- Other things

In other words, the map is about contrasting where you see yourself at the moment with what you want to get to in the future – and whether drink or drugs will be part of that vision and mission.

It is that sense of **HOPE** that building to your future requires – a belief that you can recover and that you will have an **IDENTITY** and a sense of **BELONGING** that leave behind your substance use.



The obvious next step with this is to talk to your Recovery champion about how you will get there and what you will need to do.

At the end of this map, you should reflect yourself and discuss with your recovery champion what you want to do next. By this point, you should be clear that:

- You have **STRENGTHS** and **RESOURCES** to call on
- You have a **RECOVERY PLAN**
- You are **MOTIVATED** and committed to change

In the next section we look at a number of things you might want to do to help you build some of the other key resources you will need – particularly your own sense of identity.

## BUILDING MOTIVATION – PLANNING FOR THE FUTURE

### WHERE I AM NOW

Relationship/Family

Work/Housing

Fun/Social Life

Other

### WHERE WOULD I LIKE TO BE IN 5 YEARS TIME?

Relationship/Family

Work/Housing

Fun/Social Life

Other

## SECTION 4 - COPING AND SELF-ESTEEM – ASSERTIVENESS

With the maps in this section, there is no assumption that you will need to or want to work through all of them with your Recovery Champion.

The first example in this section is about assertiveness and about learning from a situation where you did not behave as you would have liked – remember that being assertive is not about being aggressive or even about getting your own way – it is about communicating effectively so that others know how you feel and what you want!

What the map asks you to do is to think through what happened and how it made you feel. Not being assertive can make you feel unhappy and it can be a strong feeling which is why the map asks you to think back and reflect on your **THOUGHTS** and **FEELINGS** at the time.

Having 'relived' the experience, the next task is to think about **WHAT HAVE I LEARNED FROM THIS?** and then **WHAT COULD I DO DIFFERENTLY THE NEXT TIME?**

The point of this is not to think back and regret what you did not do or say but to work out how you could manage the situation more effectively whilst also respecting the needs and feelings of the other people involved.

What your Recovery Champion will do during the discussion is to help you to think of skills and resources you could utilise to manage the situation.

## COPING AND SELF-ESTEEM – ASSERTIVENESS

```
graph TD; A[Situations where I didn't behave assertively] --> B[What happened?]; A --> C[What emotions were you feeling?]; A --> D[How intense was that emotion? (0-100)]; A --> E[What were your thoughts at the time?]; B --> F[What have I learned from this?]; C --> F; D --> G[What could I do differently next time?]; E --> G;
```

**Situations where I didn't behave assertively**

**What happened?**

**What emotions were you feeling?**

**How intense was that emotion? (0-100)**

**What were your thoughts at the time?**

**What have I learned from this?**

**What could I do differently next time?**

## COPING AND SELF-ESTEEM – THE INNER CRITIC

One of the reasons that we often don't behave in an assertive way is that we have a poor opinion of ourselves..... this is referred to as **LOW SELF-ESTEEM**. While this may have come about because of how others have treated us in the past it is often the case that we are our own worst enemies!

To start this exercise think of **SOMETHING THAT YOU REALLY WANT TO DO AND ACHIEVE IN THE NEXT YEAR**. It should be something ambitious that is not easy and that you have had doubts about.

The **INNER CRITIC** is that voice inside your head that tells you that you will not be able to achieve this goal. We all have these doubts but the inner critic is a destructive force that can stop you from doing the things you want.

There are particular ways the inner critic operates and your recovery champion will help you to think of ways of challenging each of them

**MAKING GENERALISATIONS:** This is the voice that says “*you will never achieve that because you never achieve anything*” (or something along those lines). You will practice the **FIGHTING BACK VOICE** with the things you can point to that you have done – like starting your recovery journey!

**MAKING SMALL UPSETS INTO BIG PROBLEMS:** This is the voice that says “*I can’t find the phone number – it is a sign that I just cant do it*”. Your response will be to think of ways that you can get round little problems without blowing them out of proportion

**MAKING ILLOGICAL LEAPS:** This will often take the form of saying “the whole thing is too much for me” or exaggerating difficulties and setbacks. This may require you to step back and think about what strengths you can use!

**IS TOO HARSH:** The inner critic does not give you credit for what you are good at and exaggerates those things that you are not so good at. The **FIGHTING BACK** voice will focus on the positives and the sense of happiness that achievement brings.

The trick is to practice and to learn from your fighting back voice – recognise when the inner critic is in your head and shout him down!

# COPING AND SELF-ESTEEM – THE INNER CRITIC

Inner critic's voice

Makes generalizations:

Your fighting back voice

Is specific:

Inner critic's voice

Makes small upsets into big problems:

Your fighting back voice

Looks at things realistically:

Inner critic's voice

Makes illogical leaps:

Your fighting back voice

Challenges illogical thought:

Inner critic's voice

Is too harsh:

Your fighting back voice

Be reassuring:



## COPING AND SELF-ESTEEM – BUILDING SELF-ESTEEM

Your self-esteem will take a long time to re-build and this involves you starting to learn your worth as a person. Learning to appreciate yourself can involve:

- *Practising basic self-care like eating healthily, getting enough sleep, getting exercise and looking after your appearance.*
- *Doing fun or relaxing things to help yourself unwind when you find something frustrating*
- *Reminding yourself of your strengths and achievements*
- 
- *Getting help from others*

People who have low self-esteem often won't ask others for help because they feel that they don't deserve it. But getting help from others can be a really important step in improving your self-esteem. Talking to someone can help you vent your frustrated feelings.

The point of this map is to think about what you would like to do to work on your self-esteem.

As well as practicing ways of answering when the INNER CRITIC speaks to you, and thinking about what you have achieved, there are also the core positive things to do:

- Think about **HOW TO LOOK AFTER YOURSELF**
- Find healthy and simple ways of **GIVING YOURSELF A TREAT**
- As well as your recovery champion, make some time to talk to people you like and who can help – make sure you have an idea of **PEOPLE WHO CAN LISTEN AND HELP**

**This is one of the tasks that will be something to work on, reflect on and come back to, and you have to be vigilant not to let the inner critic back in!**

## COPING AND SELF-ESTEEM – BUILDING SELF-ESTEEM

Things I can say back  
to my inner critic:

Ways I can look  
after myself:

What are my strengths  
and achievements:

THINGS I CAN DO  
TO IMPROVE MY  
SELF ESTEEM

Who can I talk to for support?

Things I can do to treat myself  
when I'm feeling down:

## SECTION 5 - AVOIDING RELAPSE – EXPLORING YOUR DRUG AND/OR ALCOHOL USE

It can take a long time for people to achieve ‘stable recovery’ and you need to think of your recovery journey as something that will take at least five years – and might well go on for the rest of your life.

During that time, there will be all kinds of good and bad things happen to you and, when the bad times come, you might well be tempted to go back to your old ways. One of the main things that you can do is to be prepared so that you can build techniques to cope with temptations and to ‘ride out’ the cravings.

The next few maps are referred to as **RELAPSE PREVENTION** techniques and they basically have two main aims:

1. To help you deal with the desire to go back to using
2. If you do have a slip, to make sure that is all it is and to help you get back on your recovery path as soon as possible

The first map in this sequence is about helping you understand the ‘triggers’ for your use. There are three sections to the map:

**SUBSTANCE USE PATTERNS:** This is to recall a typical spell of using and asks you to map out what you used (both what type of drink or drugs or both), how much and over what period of time.

**EXTERNAL FACTORS:** In this section, we look at the context– who you were with, where you were and what time of the day or week your use occurred

**INTERNAL FACTORS:** As well as the circumstances, it is also important to think about what was going on inside your head and body

What you and your Recovery Champion will discuss is how you can learn from these things to make sure they don’t happen again!

# AVOIDING RELAPSE – EXPLORING YOUR DRUG AND/OR ALCOHOL USE

## EXPLORE YOUR SUBSTANCE USE

What did you use?

How much did you use?

How long did you use for?

## EXTERNAL FACTORS

What did you use?

How much did you use?

How long did you use for?

## INTERNAL FACTORS

What did you use?

How much did you use?

How long did you use for?

## MANAGING CRAVINGS

The next map is about suggestions for what you do when you start to crave alcohol or drugs. Doing this is about preparing strategies and techniques for dealing with these feelings when they arise. It is split into three categories:

**THINGS I CAN TELL MYSELF:** The kind of things that you might consider are that “craving is a normal part of the change process” and that “these feelings will pass”

**WAYS OF DISTRACTING MYSELF:** One way is by trying to think of positive things, and might include finding someone to talk to including your Recovery Champion or by doing things that will distract you like watching TV or preparing food.

**WAYS OF RELAXING MYSELF:** This will include things like taking a bath or learning to do breathing exercises. Another approach that you could take is to speak to your Recovery Champion about **MINDFULNESS** techniques, or planning pleasant events.

As with the previous map, the main purpose of this activity is to make sure that when you start to feel cravings coming on, you don't try to fight them or see them as a sign of weakness but learn how to 'surf' over the cravings by doing things that will reduce your anxiety and focus you on other things.

There are many techniques for distraction or relaxation that your Recovery Champion will be aware of and you should discuss what will be most appropriate for you, including those things that you can focus on in the short-term while the worst of the craving feeling passes.



# MANAGING CRAVINGS

HOW CAN I DEAL WITH  
MY CRAVINGS?

Things I can tell myself

Ways of  
distracting myself

Ways of  
relaxing myself

## RELAPSE PREVENTION – MANAGING A LAPSE

It is useful to be prepared if it does happen and to make plans in case it does but lapse or relapse is not inevitable and many people will never have a slip in their recovery journeys.

The purpose of this map is to provide you with the protection and the ammunition if you do lapse or if you think you may be about to lapse. The map builds on the previous techniques by getting you to think about methods for coping with craving and avoiding the **INTERNAL** and **EXTERNAL** pressures that are likely to make you want to use.

In the earlier relapse prevention maps, you have considered what the triggers are inside you and in terms of other people and places that make you more likely to use; you have then considered ways of distracting yourself or relaxing to manage cravings more effectively and in the final map in this sequence, you and your Recovery Champion are bringing those things together to help you prepare for when these situations arise.

You start in the middle at the top by making a note of who you are with, when and where you are when you typically use **(EXTERNAL)**

You then discuss and note how you feel and what you are thinking **(INTERNAL)**

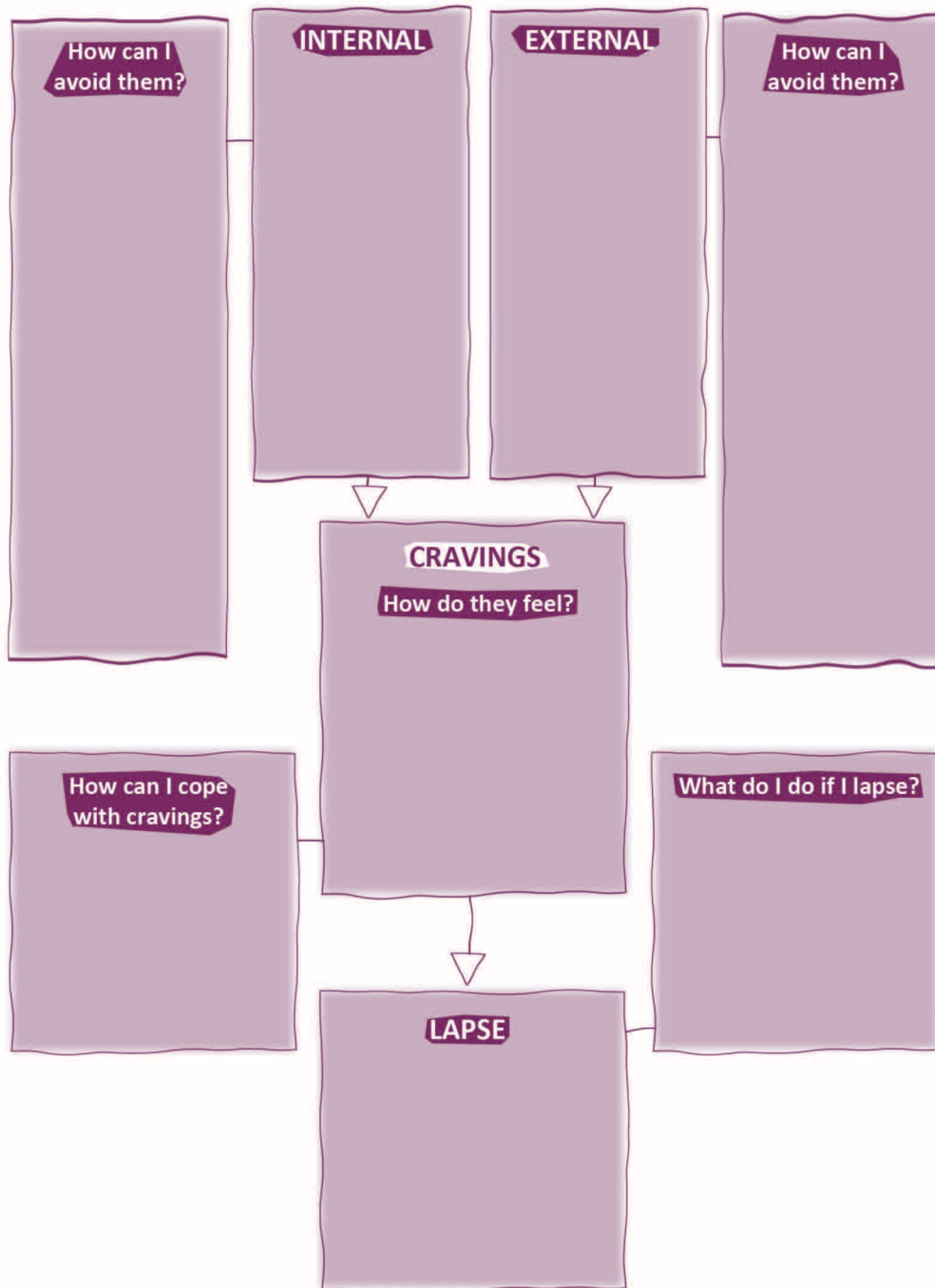
You then complete the box about what your **CRAVINGS** feel like

Now you are ready to think of the two outer boxes at the top – how you can **AVOID** both the internal and the external triggers

You then note the techniques you have learned for **COPING WITH CRAVINGS**

***And most importantly what you are going to do if you do use – how you make sure it is only a diversion from your recovery journey not the end of it.***

## RELAPSE PREVENTION – MANAGING A LAPSE



## SECTION 6 - BUILDING A RECOVERY FUTURE – SOCIAL NETWORKS AND SUPPORT

One of the most important things about planning recovery is the sense of hope that it should provide about a future that is not only free from alcohol and drugs, but of a future that is fulfilling and positive and exciting. And it is to that future that we will turn for the last three maps – in turn, they look at:

- Social networks
- Mutual aid groups and communities
- Planning your long-term recovery future

For the first map, you should be clear now that recovery is almost always a social process and that among the most important **STRENGTHS** and **ASSETS** you can build up are supportive peers who are there to help you.

While the **RECOVERY CHAMPION** is one of these, he or she will also be a 'bridge' to other individuals who may be members of your community or also in recovery who can help you build the ties and links to support your journey.

This is an inventory of the people who are important to you and who can help you and you can help as part of your recovery progress. They are the people you can turn to in times of crisis for support and solace, but they should also be people that can rely on you.

You should make a list of those people – and add extra pages if you need to – listing those people and then, with your Recovery Champion, you should decide what makes the person important and what role they have to play in your recovery journey as it progresses.

**You might want to add a column yourself about how you will support them.**

# BUILDING A RECOVERY FUTURE – SOCIAL NETWORKS AND SUPPORT

## YOUR PEER NETWORK

PEOPLE WHO  
ARE IMPORTANT  
TO YOU

WHAT MAKES  
THIS PERSON  
IMPORTANT TO ME?

HOW WILL THIS  
PERSON SUPPORT MY  
RECOVERY JOURNEY?

## BUILDING A RECOVERY FUTURE – ENGAGING WITH MUTUAL AID AND COMMUNITY GROUPS

There are going to be many personal relationships you have that will help you in your recovery journey and will enhance your life and make you feel better about yourself. But there is also a great deal of benefit and pleasure to be had from engaging with others in a group format.

What the science tells us is that people who engage with **MUTUAL AID GROUPS** (most famously Alcoholics Anonymous, Narcotics Anonymous or SMART Recovery) will do better in terms of managing their drinking or drug use in the long term. What the research also tells us is that the more of it you do and the more actively involved you are, the better the outcomes. For a list of the local meetings, see Appendix 3.

But you are not restricted to groups that focus on overcoming drinking and drug use problems – there are recovery groups in North Wales that are about having fun and getting outdoors to do things with other people. These are also listed at the back of this booklet and your Recovery Champion will tell you more about them – and hopefully will be able to take you along to some of them!



Even if you have had a bad experience with groups in the past, you should try to give them a go! They are all different and it makes things much easier if someone else can go along with you and show you the ropes! It is also good to 'shop around' and find the group that is convenient for you and where you think you can fit in!

What the map does is provide a way of exploring these ideas with your Recovery Champion and starting to think about how you can get involved!

# BUILDING A RECOVERY FUTURE – ENGAGING WITH MUTUAL AID AND COMMUNITY GROUPS

What are the groups?

What are your experiences?

Who do you  
know that goes?

LOCAL  
RECOVERY  
GROUPS

What do they do?

Why do people go?

What could you get out of it?

## PLANNING YOUR LONG-TERM RECOVERY FUTURE

The world of recovery is exciting and full of opportunities and possibilities – for you to carve out a new identity supported by other people who are committed to helping you and to helping themselves.

But each person's recovery journey is unique and will be an ongoing process of discovering and inventing yourself and finding out about the RECOVERY YOU. You need to remember that what helped you at the start of the recovery journey will not always be enough and you have to think of what you want and need – but to do so to think of the skills and strengths and supports you have developed in the course of the journey.

To complete this map – and this is a map you may want to come back to as you go on with the journey – you need to be clear about what it is you actually want and when you want to achieve it by.

The next question is to work out what the **ASSETS** you have are that will help you and what the supports are you will need from other people. It is also useful to think about what might get in your way or go wrong – but you should now have the strength and the understanding to help you **OVERCOME OBSTACLES**.

**Your Recovery Champion will know you well by this point and you should have developed a trusting and supportive relationship. You may have developed a real friendship by this time and both of you will have benefited from the journey. This is not the end but you should now be able to work out when you can rely on yourself and when you will need to draw on others to help you achieve your goals.**

## PLANNING YOUR LONG-TERM RECOVERY FUTURE

<b>What I am going to do to achieve this goal</b>	<b>When?</b>	
<b>Helpful people &amp; useful thoughts</b>	<b>MY NEXT GOAL</b>	<b>Strengths you need to have</b>
<b>Possible Problems</b>	<b>Solutions and strengths I have to build upon</b>	

## Where do you go from here?

By the time you have reached this point, you should know yourself much better and the self you know will be embarked on a journey of discovery and exploration.

Other people will have had similar experiences – and hopefully you have learned from some of them – but nobody has done what you are doing, and ultimately the decisions and choices are yours.

There is nothing in this booklet that promises you miracles or cures – recovery is an arduous, demanding and difficult process but what it offers – a better life of pride and dignity and respect make it worthwhile.

Even if you have filled in every map and made all of the transitions through the recovery space, this is part of your recovery transformation and you may want or need to go back to see what you did and how you managed.

You are very lucky to be undertaking this journey in North Wales where there are some inspirational people and groups to help and support you. But if you have made it this far, then the success is yours.

Good luck and thank you.

## Appendix 1: Alcohol Use Disorders Identification Test (AUDIT)

<b>1. How often do you have a drink containing alcohol?</b> (0) Never [Skip to Qs 9-10] (1) Monthly or less (2) 2-4 times a month (3) 2-3 times a week (4) 4 or more times a week <input data-bbox="523 315 593 392" type="text"/>	<b>6. How often during the last year have you need a first drink in the morning to get yourself going after a heavy drinking session?</b> (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily <input data-bbox="1007 315 1078 392" type="text"/>					
<b>2. How many standard drinks do you have on a typical day when you are drinking?</b> (0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7 to 9 (4) 10 or more <input data-bbox="523 546 593 623" type="text"/>	<b>7. How often during the last year have you had a feeling of guilt or remorse after drinking?</b> (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily <input data-bbox="1007 546 1078 623" type="text"/>					
<b>3. How often do you have 6 or more drinks on one occasion?</b> (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily Skip to Q9 and 10 if Total Score for Q2 and 3 = 0 <input data-bbox="523 760 593 836" type="text"/>	<b>8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?</b> (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily <input data-bbox="1007 785 1078 862" type="text"/>					
<b>4. How often during the last year have you found that you were not able to stop drinking once you had started?</b> (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily <input data-bbox="523 1016 593 1093" type="text"/>	<b>9. Have you or someone else been injured as a result of your drinking?</b> (0) No (2) Yes, but not in the last year (4) Yes, during the last year <input data-bbox="1007 1016 1078 1093" type="text"/>					
<b>5. How often during the last year have you failed to do what was normally expected from you because of drinking?</b> (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily <input data-bbox="523 1255 593 1332" type="text"/>	<b>10. Has a relative, friend, doctor or other health worker been concerned about your drinking or suggested you cut down?</b> (0) No (2) Yes, but not in the last year (4) Yes, during the last year <input data-bbox="1007 1255 1078 1332" type="text"/>					
<table> <tr> <td data-bbox="133 1362 400 1383">TOTAL (Add all numbers):</td> <td data-bbox="404 1362 474 1431" style="text-align: center;"><input type="text"/></td> <td data-bbox="523 1362 1090 1383">(Now transfer the score to the summary box on page 14)</td> </tr> <tr> <td data-bbox="133 1431 258 1567">           AUDIT Score            0-7            8-15            16-19            20 or more         </td> <td data-bbox="564 1431 1090 1567">           Level of Risk (Tick)            Low Risk            Risky or hazardous level/Moderate risk of harm            High-risk or harmful level            High risk/Dependence likely         </td> </tr> </table>		TOTAL (Add all numbers):	<input type="text"/>	(Now transfer the score to the summary box on page 14)	AUDIT Score 0-7 8-15 16-19 20 or more	Level of Risk (Tick) Low Risk Risky or hazardous level/Moderate risk of harm High-risk or harmful level High risk/Dependence likely
TOTAL (Add all numbers):	<input type="text"/>	(Now transfer the score to the summary box on page 14)				
AUDIT Score 0-7 8-15 16-19 20 or more	Level of Risk (Tick) Low Risk Risky or hazardous level/Moderate risk of harm High-risk or harmful level High risk/Dependence likely					

## Appendix 2: Testing your psychological wellbeing

### The Kessler (K-10)

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
In the past four weeks, how often did you feel worn out for no real reason?	1	2	3	4	5
In the past 4 weeks, how often did you feel nervous?	1	2	3	4	5
In the past 4 weeks, how often did you feel so nervous that nothing could calm you down?	1	2	3	4	5
In the past 4 weeks, how often did you feel hopeless?	1	2	3	4	5
In the past 4 weeks, how often did you feel restless or fidgety?	1	2	3	4	5
In the past 4 weeks, how often did you feel so restless you could not sit still?	1	2	3	4	5
In the past 4 weeks, how often did you feel depressed?	1	2	3	4	5
In the past 4 weeks, how often did you feel that everything was an effort?	1	2	3	4	5
In the past 4 weeks, how often did you feel so sad that nothing could cheer you up?	1	2	3	4	5
In the past 4 weeks, how often did you feel worthless?	1	2	3	4	5

TOTAL (Add all circled numbers)
(Now transfer the score to the summary box on page 14)

K10 Score  
10-15  
6-21  
22-29  
30-50

Level of psychological distress (Tick)  
Low  
Moderate level of psychological distress  
High level of psychological distress  
Very high level of psychological distress



## Appendix 3: Mutual aid and community recovery groups in North Wales

## My Experiences



## My Experiences





**Thank you to the group of  
Recovery Champions  
who developed this manual:**

**James Hepworth**

**Terry Griffin**

**Pam Bradley-Rushton**

**Huw Harries**

**Linda Hodgson**

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**Paul Wallein**

**Mike Hallows**

**Paul Gogley**

**Gaz Bradley**

